

# media release

*Colorado Department of Agriculture*

[www.colorado.gov/ag](http://www.colorado.gov/ag)

[www.facebook.com/coloradoag](http://www.facebook.com/coloradoag)

## **FOR IMMEDIATE RELEASE**

July 1, 2013

Contact: Wendy White, (303) 239-4119, [Wendy.White@state.co.us](mailto:Wendy.White@state.co.us)

### *Colorado Watermelon is a Summertime Favorite*

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado watermelon is featured in the **Watermelon Salsa** recipe.

#### **Available Now...Watermelon**

Fun Facts: Watermelon is 92 percent water and is a cousin to cucumbers, pumpkins and squash. The first recorded watermelon harvest occurred 5,000 years ago in Egypt. Watermelon is fat free, sodium free and high in Vitamins A and C. When selecting a watermelon, choose one that is symmetrical, has a yellow spot on one side and that is heavy for its size. Look for Colorado watermelon at your local grocery store, farmers' market or at restaurants across the state.

#### **Watermelon Salsa**

*Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District and 5280 Culinary, LLC*

4 Cups Seedless Watermelon, diced  
2 Peaches, diced  
1/4 Cup Red Onion, diced  
1/4 Cup Roasted Red Pepper, diced  
1/4 Cup Roasted Yellow Pepper, diced  
1/2 Bunch Fresh Cilantro, leaves only, chopped  
3 Tbsp. Olive Oil  
1 Lime, juiced  
5280 Culinary Fire Salt Seasoning, to taste  
Kosher Salt, to taste  
Black Ground Pepper, to taste

Prepare the first six ingredients as instructed and place into a medium stainless steel mixing bowl. Add the olive oil and adjust as needed then add the fresh lime juice to taste. Sprinkle on the fire salt, mix and allow to sit for five minutes for fire salt to “bloom.” Mix well and adjust flavor with salt and pepper, then refrigerate. Prior to use, stir well to combine juices and check seasoning. Goes well with chicken.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

###